



Together We Are Better

PIERRE ELLIOTT TRUDEAU HIGH SCHOOL E-NEWSLETTER November 15, 2019



Grade 8 Open House

Thursday, November 28, 2019

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Students with last name I - Q

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Students with last name R-Z

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Vice Principal (副校长) –
Students with last name A - H

To send a message to our School Council click
here: pierre.elliott.trudeau.hs@sc.yrdsb.ca

Follow us on (跟随我们) Twitter [@trudeauhs](https://twitter.com/trudeauhs)
or
Instagram [@trudeauhs](https://www.instagram.com/trudeauhs)

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Trustee (受托人)
Ron Lynn
ron.lynn@yrdsb.ca



WEEK OF: NOVEMBER 25, 2019

Monday, Nov. 25	<ul style="list-style-type: none">• Drama to Young Peoples Theatre• Grad Photos, November 25 to December 20 , in the Library presentation room(see page 6)• Business class food sales competition, after school, November 25 to 29
Tuesday, Nov. 26	<ul style="list-style-type: none">• Drama to Young Peoples Theatre
Wednesday, Nov. 27	<ul style="list-style-type: none">• Youth Rising Above meeting, after school in room 151
Thursday, Nov. 28	<ul style="list-style-type: none">• Grade 8 Open House• Red Cross donation collection, November 28 to December 6• Sr. Boys' Basketball to Stephen Lewis SS tournament, all day• Swim team practice at Angus Glen
Friday, Nov. 29	<ul style="list-style-type: none">• Drama to Annie play, 5:00 p.m. to 10:00 p.m.

LOOKING AHEAD:

Monday, Dec. 2	<ul style="list-style-type: none">•
Tuesday, Dec. 3	<ul style="list-style-type: none">• STRUT fundraiser for Canadian Cancer Society, December 3 to 10• Cabaret rehearsal
Wednesday, Dec. 4	<ul style="list-style-type: none">•
Thursday, Dec. 5	<ul style="list-style-type: none">• Swim team practice at Angus Glen• Cabaret, 7:00 p.m. in the cafeteria
Friday, Dec. 6	<ul style="list-style-type: none">• Red Cross Badminton Event, 3:00 p.m. in the Gym

Mid Term Report Cards

Mid-term Report Cards were distributed in homeroom on Monday, November 18 and marks will be emailed to parents today. Please spend a few minutes reviewing your child's marks, comments and learning skills with them, sign and tear off the last page and return to the school.

Band Concert

On Thursday evening, our music students joined with bands from our elementary partner schools and the University of Toronto to entertain parents, students and staff and showcase their talents as well as new skills learned at a workshop hosted by our Music department earlier this month.

Grade 8 Open House

Please mark your calendars for our Grade 8 Open House on Thursday, November 28, 2019. Parents, guardians and students planning to attend grade 9 at Pierre Elliott Trudeau High School (PETHS) in September 2020 are invited to join us for this information session. The evening begins at 7:00 p.m. in our cafeteria. A special information session for French Immersion and ESL students will begin at 6:30 p.m. See page 5 for more information.

Athletics News

Boys' Volleyball

Congratulations to Sr. Boys' Volleyball team and coaches Ms. Shin and Ms. Kowalewski on being crowned the YRAA Champions for this year. The team is competing this weekend for gold at OFSSA. Go team!



GUIDANCE NEWS

Who's My Guidance Counsellor?

Guidance

Last Name Counsellor

A - Chit	M. Muller
Chiu - L. Huang	D. Lee
M. Huang - Lam	M. Muller
Lan - Richards	C. Sharp
Rizvi - Tan	S. Logan
Tang - Z	M. Brooke

Full Disclosure Information:

The following applies to all students who may **consider withdrawing from a grade 11 or grade 12 course** this semester:

- Students who drop their courses within **five** instructional days following the issue of the first provincial report card will not have the withdrawn course recorded in their transcript.
- Students who choose to withdraw from a course after five instructional days following the issue of the first provincial report card will see "W" in the Credit column of their transcript, thus noting a late withdrawal. The current grade received by the student at the time of withdrawal is also recorded.
- Students who repeat a Grade 11 or 12 course that they have already earned a credit in, cannot earn an additional credit. However, each attempt as well as the percentage grade obtained is recorded on the transcript and an "R" is entered in the "Credit" column for the course(s) with the lower percentage grade.
- For students submitting to OUAC, the last day to drop a Grade 12 course without it appearing on the transcript is **Monday, November 25**. All paperwork must be completed, approved and in Guidance by this date. Students are required to book an appointment with a guidance counselor to drop a course.

PIERRE ELLIOTT TRUDEAU HIGH SCHOOL

INVITES YOU TO

GRADE 8 OPEN HOUSE

Thursday, November 28th, 2019

6:30PM - 8:30PM

Inviting all grade 8 students
and parents/guardians.



Explore our facilities and learn
more about our programs.

INFORMATION SESSION FOR OPTIONAL PROGRAMS:

- ♦ French Immersion
- ♦ English as a Second Language

6:30PM

GENERAL PRESENTATION:

7:00PM

<http://www.yrdsb.ca/schools/trudeau.hs>

Your Portrait Session

Your fee includes a professional portrait session with both classic Cap & Gown and new Casual poses on contemporary and traditional backgrounds.

**Sit fee details available online when you book your session.*



POSES: 10 Poses

OUTFITS: Cap & Gown, Casual and Vintage Hollywood

BACKGROUNDS: A variety of up to 4 backgrounds **poses and backgrounds may vary*



Graduating Class Composite

Just like the one on your high school walls, you'll receive your own copy of a graduating class composite. Composites are typically handed out at Convocation or at the end of the school year.

A traditional portrait with a blue background will be provided to your school for the composite and yearbook.

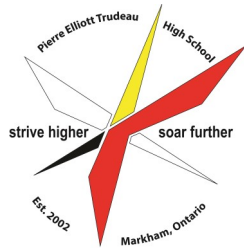


**Composite size and folder inclusion vary by school. Details provided upon booking.*

Book your session TODAY!

To book your Graduation Photo Session, grab your student card and go to bookmygrad.ca. Enter your school code and student number to get started.

SCHOOL CODE: **WPE**



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Dear Families.

Acknowledging the growing issue of vaping in our schools and the health risks associated with e-cigarettes and vaping, the YRDSB has developed the **Substance Misuse Webinar: Vaping** in collaboration with York Region Public Health. By the end of this webinar, you'll have learned valuable information about:

- e-cigarettes, also known as vapes
- e-juice and what it is made of
- the safety concerns associated with vaping

how to discuss this substance with children.

We invite you to watch this webinar at our next school council meeting on November 21, 2019 or on our [YRDSB YouTube Channel](#). Please keep in mind that this webinar is not intended for use with students.

Due to the sensitive nature of these topics, if you or someone you know requires assistance please remember that the following supports are available:

- York Support Services Network (1-855-310-COPE)

Kids Help Phone (1-800-668-6868)

This is an addition to the [Substance Misuse Webinar Series](#), created by YRDSB with our community partners. In this series, you can learn about:

[York Region Public Health](#): Alcohol and Cannabis, 6 Tips for Families/Staff

[Addictions Services of York Region](#): Opioids and Prescription Drugs, YRDSB Drug and Alcohol Continuum

[YouthSpeak](#): Lived Experience of Former Substance Misusers and Impacted Family Members

[York Regional Police](#): Reporting Issues of Substance Misuse and the Criminal Impact of Substance Misuse, including Post-Legalization of Cannabis

For more details on what you can do to prevent student substance misuse, please visit the [YRDSB's Caring and Safe Schools](#) website and [Vaping and E-Cigarettes](#) subpage for resources to continue the conversation.

Thank you for supporting our safe, positive and inclusive school community.

Sincerely,

Lisa Wargo

E-cigarettes, “Vapes”, and JUULs What Parents Should Know



Are e-cigarettes less harmful than cigarettes?

There is no FDA oversight of the manufacturing of these products – which means there is no oversight regarding potentially harmful ingredients.

- E-cigarettes almost always contain harmful ingredients including nicotine.
- Acrolein, a known ingredient of many e-cigarettes, causes irreversible lung damage. Nicotine exposure during adolescence and can harm the developing brain.
- The most popular e-cigarette among teens is JUUL
 - All JUUL pods contain some nicotine – something many youth don’t realize.
 - According to the manufacturer, one JUUL pod may contain as much nicotine as a pack of cigarettes.
- No e-cigarette has been found to be safe and effective by FDA in helping smokers quit.

Is there a difference between e-cigarettes and JUULing?

- No. JUULs may look different, but they’re actually a type of e-cigarette.
- E-cigarettes are battery powered and deliver nicotine through a liquid which turns into an aerosol.
- The e-liquids come in fruit flavors that appeal to youth.

JUUL is more discrete and looks like a USB drive. Other e-cigarettes may look like phones.

- Cartridge-based e-cigarettes like JUUL contain nicotine salts that do not produce vapor or visible emissions when the device is used and may make the product even more addictive.
- JUUL claims that some of its pods have roughly as much nicotine as an entire pack of cigarettes.

How bad is the e-cigarette epidemic?

Most common reasons youth use e-cigarettes¹



39%

Use by “friend or family member”



31%

Availability of “flavors such as mint, candy, fruit, or chocolate”



17%

Belief that “they are less harmful than other forms of tobacco such as cigarettes”

¹Wang TW, Gentzke A, Sharapova S, Cullen KA, Ambrose BK, Jamal A. Tobacco Product Use Among Middle and High School Students – United States, 2011–2017. MMWR Morb Mortal Wkly Rep 2018;67:629–638. DOI: <http://dx.doi.org/10.15585/mmwr.mm6722a3>

Does the American Lung Association agree with the Food and Drug Administration that youth use of e-cigarettes has reached an epidemic?

- Yes, the American Lung Association agrees that e-cigarette use among youth has reached epidemic levels.
- American Lung Association has been asking the FDA to take action on e-cigarettes for a decade.
- E-cigarettes are the most commonly used tobacco products among youth and have been for several years now.
- Many youth don't realize how they are harming their lungs and their brains by using e-cigarettes.

Several years ago, one study estimated there were about 7,700 flavors of e-cigarettes on the market at that time.



How is the American Lung Association helping your children?

- The American Lung Association urges the Food and Drug Administration to take meaningful action to crack down against products that target youth.
- The Lung Association and our partners filed a lawsuit against FDA for its delay of reviewing products currently for sale.
- The American Lung Association is working to implement proven effective policies that will reduce youth from e-cigarettes, including raising the minimum age of sale to 21 and increasing the price of products.
- Education programs available
 - Not on Tobacco (N-O-T) is the American Lung Association's teen smoking cessation program and helps teens who want to quit, providing the tools, information and support to quit for good.
 - Alternative to Suspension program is offered as an option to students who face suspension for violation of school tobacco-use policy and is administered by an adult facilitator in either a one-on-one or group format in a school or community-based setting.

Contact

Lung Helpline and Tobacco Quitline is a telephone support line available in over 200 languages, and is a free service allowing callers access to expert staff, including registered nurses, respiratory therapists, pharmacists and certified tobacco cessation specialists.

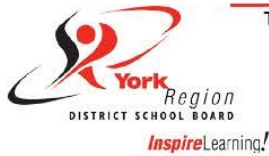


1-800-LUNG-USA (1-800-586-4872) or
www.Lung.org/helpline.



Learn more about these and other programs at
www.Lung.org.

Contact your local American Lung Association office for information on youth leadership groups and other youth tobacco initiatives. 1-800-LUNGUSA



THE EDUCATION CENTRE - AURORA

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Website: www.yrdsb.ca

November 2019

Dear Families,

As we go into the winter months, it is important that families are aware that there may be rare occasions when emergency weather events occur and we need to close all schools and Board locations.

Emergency winter weather

Emergency closures will be considered when facilities may not be safe for students and staff members to attend school for the full day. This may include events that significantly limit school operations or access to the school site, or causes widespread, prolonged power failures or downed power lines.

In keeping with our current practice, we will continue to keep our schools open as much as possible. However, it is important that families have alternate childcare arrangements planned for the rare occasions when schools may be closed. Before and after care programs will also not operate if schools are closed.

Please take the time to make plans in the event of an emergency school closure.

School transportation cancellations

School transportation (buses and taxis) may be cancelled due to extreme cold or inclement weather. If transportation is cancelled in the morning, it will also be cancelled for the afternoon. On these days, schools will remain open unless otherwise stated.

Families can use their best judgment to decide whether to send their children to school on inclement weather days. Students will not be penalized for missing school. For safety reasons, you are required to let the school know if your child will not be attending school that day.

Communication to families

Decisions about school transportation and school closures will be made as early as possible and no later than 6:00 a.m.

We are introducing a new communications system that will send **text messages to parents/guardians for emergency purposes only**. This includes the rare event of a school closure. Parents/guardians will have the ability to opt-out of receiving text messages should they choose.

The Board will be testing this communications system on Tuesday, November 19. If the school has your cell phone number (documented as your cell and not your home phone number), you will receive a test text message. This message will also include the option to opt-out of this system. If you do not receive a text and wish to participate in the program, please ensure that your school has your cell phone number.

We will do our best to notify families in advance when we may be considering closing school and Board offices. Our priority continues to be the safety of our students, staff members and families. If you have any questions, please speak with your school principal.

LOWER YOUR FLU RISK



FLU SEASON IS HERE. GET THE FLU SHOT AS EARLY AS POSSIBLE.

The first and best step to prevent influenza, the flu, is to get the flu shot every year. The flu is contagious and anyone can get it. Getting the flu shot can protect you, your family and those around you.

The flu shot is especially important for people who are at **high risk** of flu-related complications, and for people in contact with those at high risk, including:

- All children six months to five years of age
- People 65 years of age and older
- All pregnant women
- People with chronic health conditions (including diabetes, heart or lung disease, conditions affecting the immune system, neurodevelopmental conditions)

It is important to get the flu shot as early as possible as it can take nearly **two weeks** for the vaccine to provide the greatest protection.

In addition to getting the flu shot, here are some other health tips that can help prevent the spread of the flu:



Wash your hands well and often with either soap and water or alcohol based hand rub (don't forget to wash your wrists, under your fingernails and in between your fingers).



Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.



Avoid touching your eyes, nose and mouth.



Avoid large crowds and stay home when you are sick.



Clean and disinfect surfaces and shared items.

To learn more about the flu and flu vaccine, visit york.ca/flu

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-252-9933

19-5678


York Region

SCHOOL COUNCIL DATES – 2019-2020

February 20, 2020

April 23, 2020

May 21, 2020

All meetings begin at 7:00 p.m. in the Library

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